A Book which changed life of 1000s of people

LAW OF ATTRACTION

My Sincere Thanks to

“My sincere Thanks to Studios, Callers, Numerous organizations who believed in my abilities and made this book a huge success.”
-Harish Pondugula

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What is Law of Attraction ? What does that mean?

Secret to get anything you want is .. Everything in this world comes to you only if you want it.. Just about imagine .. Anything which is in your house today exists because in the past on one day you imagined it and saved some money for it something thats why is there with you..

Some things you don't have like Crores Money in Bank account, Benz cars, diamonds, big houses, kilos of gold, you don't have all these things, what could have happened? Why you don't have them

1. Because you didn't want to have them
2. Or you thought they are too expensive
3. Or you thought my income is low , so you postponed them for later...

But what Law of Attraction says is that
"Everything you want in this life is yours..
ALL you have to do is ..
You just have to DESIRE FOR IT
And IT WILL BE YOURS ."

Manifestation

- When we get what we want , we say "**You Manifested it"** in the Language of Law of Attraction".

- The Process of Hoping for something till you get it is called **Manifestation.**

Benefits of Law of attraction

This book can help you in different ways , to different people , at different ages.

1. To improve Memory
2. To Improve sales
3. To Improve Relationships
4. To Improve Income
5. To Sell or purchase property easily
6. To Improve health condition
7. To lose or to gain weight

Lack of Focus

Lack of Focus is the reason for many of the failures. Thousands of people take oath of New year but plainly give up within a week or 10 days. Reason is Lack of focus or focusing on multiple things

Concept of Law of attraction

- **Law of attraction** is based on the concept of **Focus**.
- Whatever you focus on, you can improve your score in it.
- More your Focus, More is your score.

1) Procedure for Law of attraction

For every experiment there are Three vital steps

1. **Aim**
2. **Procedure**
3. **Conclusion**

Similarly, in Law of attraction 3 steps are

1. **Ask (Aim)**
    a. Most of the people fail in realizing what they want clearly. Or they want Multiple things so they lack focus
    b. One should clearly ASK in a statement as " **I want this ..xx.. To happen"**
2. **Believe (Procedure)**
    a. When you are clear with something , then you should **believe** that it will surely happen.
    b. When you believe then only you will get into action.
3. **Receive (Conclusion)**
    a. One action leads to other actions and finally you will receive what you want

To Manifest something you have to follow certain rules.

We are going to discuss those rules and procedures in this book.

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1. [First weapon] - Focus of what you want -

Many times we think that things should not happen in our lifeMo the same things happen again and again ..
Why does this happen?

Law of Attraction says that …

1. ***Whatever you think inside your mind***
   The same thing happens in your real life also.

2. ***Your thoughts, your feelings, your emotions,***
   only determine your happiness or unhappiness.

3. ***Wherever your thoughts go, your life follows.***

4. ***You are what your thoughts and your emotions***
   If you can control your thoughts, You can have the life you want

Let's see what they are one by one.

Case study 1: Visualization

There used to be artist. she used to paint so well but her paintings were never sold. she used to get depressed. Her thought process was like

No one is buying my paintings
No one likes My paintings
I am not a great painter like Picasso

Since Law of attraction says, *Wherever your thoughts go, your life follows.*

Because she was thinking in his way .. again her paintings were never sold.

One day she decided to change her thought process and started thinking positive about herself and about her skill.

She Started using the Visualization technique

Everyday , she used to sit for 5 minutes and imagined like

An exhibition of paintings has been organized in her city.
Her paintings were also exhibited there,
everyone is appreciating her paintings
For huge sum of money her paintings were sold out

Like this she thought in three months

One day when she went to a stationery shop a boy working in a book shop, told her that an art exhibition was going to be held somewhere nearby in the city. She immediately approached them. The people who saw his painting in the exhibition liked it very much and sold it not in thousands but in lakhs. That's why

you What do you want?
About that thing except,

which did not happen Things , should not think about things that are happening.
There is no solution to worry

Yours faithfully,m idea,You do All the works
Whatever you like, whatever happens If you think it would be good,
Belatedly you can get what you want

Case study 2: Beware of Negative influencers

---

working in marketing, day after day, constantly racing against deadlines, became exhausted and tired. After a while, he thought, "Enough is enough." He reflected on his favorite business — a coffee shop he liked very much. He studied about it for some time. Then, thinking there was no more patience and no profit in waiting, he decided he would start that business someday.

However, his family and others around him scared him a lot. They gave negative examples, saying, "This business doesn't run well," "Oh, my son-in-law tried it, and it's of no use," "He faced losses and closed down," etc.

Remember,

- What someone else does has nothing to do with what you want to do
- Something did not work for others does not mean you will also fail in it
- If the idea is right, the plan is correct, and you can rectify the mistakes that caused business loss, then by avoiding those mistakes, anyone can definitely achieve success.

“No matter what work you like to do,
your mind will work with full cooperation and focus.”

So, from the very first day he started the business, he worked hard..
He’s not someone to let customers go easily..
He involves them in conversations and makes introductions..
Because of that, they keep coming back repeatedly..
In just a short time, he built a very big business.

Friends, if we truly love what we do,
we will definitely succeed in it…

If we sit wondering
Whether to do this work or not…
what others will think, and hesitate to start ,
those others Will also say you’re good for nothing…
they’ll even tell ten more people the same.

So, without caring about others, do whatever you want to do.

In next chapter we will know about the second important weapon.

2. [Second weapon] - Positive thinking

Think positive

In Law of attraction Second weapon is - Positive thinking

Positive thinking doesn't mean ignoring problems or problems won't come…
Life inevitably brings you challenges, but you need to stay in a positive vibration.

If you ignore the problem, that's **negligence**.
If you fear things might go wrong, **that's negative thinking**.
If you believe everything will go smoothly, **that is positive thinking.**

Nothing is impossible; everything happens as we think it will.
For example, the chances of an accident happening on the road—there's also a chance of arriving safely without any problem and 99% times you reach home safely.

As mentioned earlier, your perspective, your thoughts, and your emotions determine your experiences.

The experiences you face are a reflection of where your thoughts and emotions are directed.

Case study 1 : Nothing will happen in one day

Every time our negative thoughts lead us to more and more difficulties,
no matter what the circumstances, what we want to happen will surely happen.
We can achieve anything only if we have faith that it will happen

When it will happen positively.. the result is always not in our hands.
But when we think positively.. we will get an idea of what to do next so that we don't drowned completely in the problem something like bankruptcy or failing in exam.

Eg : If you are going in an ocean, your ship has sunk.. You are floating in the water.. God, if you think that my life is over, then you will get washed away..
If you think ," No, I don't want to die , help me, I need a help" you will surely see some kind of help in terms of a wood or another ship nearing you.

However, Desiring for something today, it will not happen tomorrow
.. Everything takes time

Time will surely test you..
It continuously tests you .. Is this what you really want?
Look at your actions from morning to evening .. if none of them are towards your desire .. you want something else.

Will you stick to this wish or not

Some people are like they wanted something on day one and again in two days you changed your mind and working on something.

Changing your mind is like planting a seed, plucking it out after two days before it germinates and again planting a new seed.

Case study 1 : Two of his friends came to the city

Two friends came to the city and started trying for jobs.
No matter where they went, they kept hearing that there was no job, or that they would not be suitable for the job, or that others had been selected instead.

Time passed... and both of them grew impatient.
One friend, for some reason, said, "Enough is enough. How much longer are we going to wait?"
He was aging, and he felt he needed to do something quickly.
He told his family he had family responsibilities, then left the town to do farming.
But he faced hardships even in farming.

The other friend, despite his impatience,
kept telling himself, **"Good job will come someday"**
It may take time, but a job will come.
Sooner or later, a good job will be available."

He would do small jobs to earn a meal.

He asked people for help, and whenever possible, he used to helped others.
Even if it took some time, eventually, he secured a good job with a good salary.

*So, whatever work you start, believe that you will succeed, and with patience and perseverance wait until the end, victory will be yours***.**

Case Study 2: Self Criticism

Sometimes, unknowingly, we tend to belittle ourselves.
Or we believe that the things others say about us—"nothing can be done about you"—are true.

By doing so, we lose our positive vibration, and instead of improving, we start facing more difficulties.
Whenever such negative thoughts arise, we must immediately turn them into positive ones.

Once, by chance, after visiting someone's house, I had a car repair scheduled.
It was the end of the month, and I thought I didn't have money to get it fixed.

I started blaming my misfortune, thinking I should have gotten the repair done when I had money.
I kept telling myself**,** "I neglect everything, I lack discipline," and scolded myself severely.

But I realized that scolding myself further would be pointless, so I decided to think positively.
I told myself, *"Nothing is wrong... everything is fine."*

The next day, I was standing by the roadside, planning to travel by public bus.
A friend passing by offered me a lift.

Thank God, I thought.
I told my friend what happened, and he sent a mechanic in the evening.
Again, I thought, thank God.

But I wondered, how will I pay him?
After the work is done and I tell the mechanic I'll pay tomorrow, he said,
"No problem, sir. Your friend has already paid."
Again, I thought, thank God.

So, having a positive mind – save you and all good things happens...

Case Study 3: Do Not Underestimate Yourself (Inferiority)

Shruti started a small business, but she couldn't manage it well after starting.
The business wasn't growing much...
After a few days, she began to think negatively...

she would always think.

"Nobody likes my products,
My business will never succeed,"

Her business plans were only focused on avoiding losses.
In that way, Shruti suffered a lot financially in her business.
She took on debts and even had to put her house on the sale.
She became mentally very distressed. She thought all her dreams were futile and that her life was over. Over time, Shruti's health also deteriorated.
Due to negative thoughts, she couldn't sleep,
she couldn't even digest food properly.
She felt lonelier and helpless.

At such a time, Shruti one of her friend told her
"If you change your thoughts into positive statements,
That will change your life"
She advised her
to stop using words like "no," "not," "won't,"
"won't happen," "can't happen,"
and instead, use words
like "it will happen,"

"it’s going to happen,"
"I want this to happen, and it will surely happen"

She encouraged Shruti, saying,
"Only if you believe it will happen, it will."

Initially, Shruti didn't believe it, but she decided to try.
Every day, she started reciting positive affirmations:
"I am healthy,
I am in good health… I sleep well…
My business will succeed, but it will take time…
I need to be patient until then… If I get anxious, things won't work out…
It will happen, it will happen, it will happen…"

Gradually, changes began to occur in her life.
Her health and wealth improved drastically.

Case Study 4: (Self-Doubt)

Anjali, a young writer. She is talented, but she had severe self-doubt. She always underestimated her writing and was afraid to send it to publishers.

"Nobody will be interested in this story; I am wasting my time," she would always think. As a result, her novel remained incomplete. She became mentally depressed and all her dreams were wasted. One day, she attended a writers' meeting. There she met a renowned author. The author spoke with Anjali and learned about her writings.

The author told Anjali:

"*You must believe in your talent and overcome your fear. Negative thoughts block your creativity. Think positively and make your dreams come true.*
It's okay if what your writing is not perfect;
do what you initially aimed for… that is your first success…"

Anjali thoght deeply. The words of the author deeply imprinted in her heart. She decided to change her thoughts. She began doing daily positive affirmations.

"*My writings will be liked by everyone, I will become a successful author,*
I will complete the work I have in mind, I must,
I will do it," she started convincing herself."

She resumed working on her novel with a positive mindset.
She wrote every page happily and was excited to tell her story to the world.
After a few months, Anjali finished her novel. She sent it to some publishers. Surprisingly, one publisher agreed to publish her novel.
She became a renowned author.

"Negative thoughts hold us back,
Positive thoughts propel us forward.
Believe in your dreams, conquer your fears.
You can achieve anything."

In next chapter we will learn the next weapon in Law of attraction

3. [Third weapon] - visualization
Imagine what you want -visualization

Example: If your mother tells you to go to the market and bring apples... what do you imagine?
It's a red-colored apple, right? Now, when you hear "red apple," you definitely think of red apples. But if suddenly someone calls you and says, "Bring an avocado," you won't know what an avocado looks like, what color it is, how big or small it is.

This is called visualization.

When you close your eyes and clearly see something in your mind, you can definitely attain it. Things you cannot see are impossible to acquire.

Similarly, if you have a desire, ask yourself whether you can clearly see that desire or not.
Suppose you want to build a house—how big should it be? How many rooms should it have? How many floors? What area should it be in? If you have a clear idea of all this, finding and buying such a house isn't difficult. But without clarity, even if you approach an agent and look at many houses, none of them will suit your liking.

You need to have a clear picture in mind. No matter what your goal is, if you have clarity of desire, achieving it becomes much easier.

When that clarity exists, you will find the pathways to your goal,
the money needed to fulfill your desire will be arranged,
you will meet the people who can guide you along those paths,
and your circumstances will also favor you.

Many people fail because of this:
they don’t know what exactly they are aiming for,
they don’t know why they want to achieve it,
they don’t realize what benefits or happiness will come once they succeed,
or they don’t know whether their desire is truly what they want or something else.

For example: IAS coaching

Generally, everyone goes for IAS coaching, but only a few get ranks—also often from remote districts, not from the city.

Why is that? Because those rankers know what IAS is, they study about it, understand what kind of person can be an IAS officer, what they do, what their powers are, and have seen with their own eyes when they visited their villages. They think, "If I become an IAS, I can gain respect too," and prepare with that motivation, eventually getting a rank.

But people born and raised in the city often get caught up in daily life—they eat, sleep, work, and listen to teachers or elders talking about IAS, and they prepare for it. Many of them don’t even have a clear idea of what IAS is—it's like a fantasy world to them.

Since everyone talks about it, they think getting a good job is possible if they prepare.

What you can't see, achieving it is difficult—impossible, even.

Visualization is when you imagine that your wish has already come true, as if it's happening inside your mind...

It's imagining yourself as an IAS officer. To see this clearly, you first need to understand what it is—see, visualize, and imagine it.

To improve visualization, we suggest

1. creating vision boards or
2. meditating daily. We will discuss these in detail later.

case study 1 : Jim Carrey (actor) – Daily visualization

Before becoming an actor, Jim Carrey wrote a cheque for 10 million and put it in his wallet.

Exercise :

Every day when he wakes up he holds the cheque and stares at it for ten minutes imagining his future

Deeply fancied himself as a very successful actor, earning $10 million.

He imagines what he will do with that money.

He vividly imagines the feelings of achievement, the scenes of his success and the courtesy that comes with it.

result:

By doing so for a few years he received a 10 million cheque before the date on the cheque which he has written for himself. In this way you too can see the life you want through this visualization technique.

4. [Fourth Weapon] - Affirmations - Affirmation

Many times, in our lives, we respond to events unknowingly with negative words.
Sometimes, as soon as we see something in our life, we unintentionally speak negative words.
For example: When someone wears new nice clothes or talks to a girl... out of jealousy or insecurity, we might say, "Look at him, he's overacting... he's showing off... he's giving a build-up... he's cutting down...," and so on.
We keep uttering some negative words. Likewise, unconsciously, we slowly enter a negative zone.
If we continue like this constantly, without realizing, our minds get programmed negatively. To put it simply, even when you talk to yourself, you tend to use negative words.

My salary hasn't increased in two years.
I may not be able to move forward.
My business isn't attracting customers.
Everyone might be true about me, who knows?
Patients aren't coming to my clinic.

As mentioned above, whenever you keep saying, "I can't do it, it's not happening, it shouldn't happen, it won't happen, it won't come, it's not possible," your mind continues to get programmed negatively.
To change this habit, we need to reprogram our mind.
That’s why we use these affirmations.

Affirmations (confirmation or self-suggestions) mean "Repeating a positive statement about your desire repeatedly." These statements are called affirmations, self-suggestions, or confirmations.

"Instead of saying,
'It's not possible,' 'No,' 'Not,' 'Cannot,'
say it positively, through positive statements only—
it will come, it will happen, it will be, it's okay,
this is the process of reaching your mind."

Now, let’s see how positive statements look compared to the negative ones we mentioned earlier.

Example 1:
Negative: "I might be late to the office."
Positive: "I will reach the office on time without any trouble."

Example 2:
Negative: "I don’t know if I’ll get the job... many others are qualified better than me."
Positive: "I will definitely get the job."

Example 3:
Negative: "Patients are not coming to my clinic."
Positive: "Many patients will be coming to my clinic; they will definitely come."

Additionally:
"I am moving towards success."

"I am attracting success."

Saying such positive affirmations gradually changes your mindset.

By repeating these kinds of sentences every day,
you speak positively,
work positively,
think positively...
and the unbelievable truth is...
your circumstances will also change favorably for you.

If you don't repeat these positive affirmations, unknowingly, negative affirmations will come out of your mouth.
There are some rules for these positive affirmations; let's see what they are.

1) Consistency is very important for affirmations.
How many days you can keep doing these affirmations without stopping is very crucial. Don't stop after just two days.

2) These affirmations should be spoken emotionally, feeling them deeply.
Saying them blankly or without feeling will not produce any results.
There are many ways to do affirmations:
Writing,
Reading,
Praying.

Below, I have explained the different types of affirmations:

1. Mantra chanting – Repeating a wish as a mantra, using two words.
2. 555 Technique – Confirm your wish daily by repeating it 55 times for 5 consecutive days (by writing or reading).
3. 369 Method – Occasionally, write your wish 33 or 45 days in a row, three times in the morning, six times in the afternoon, and nine times at night.
4. Water Expression Technique – Before drinking water, speak affirmations to it, then drink.
5. Pillow Technique – Write your affirmations on paper and keep it under your pillow.
6. Mirror Work – After waking up in the morning, look into the mirror and directly say affirmations to yourself.

Case Study 1: (Self Boosting)

In a company, an employee was always sad because his boss never appreciated his work.
He would curse the boss while drinking coffee, speak negatively about him, and make comments about him.

Once he started practicing positive thinking, the boss began giving him work, and he would say,
"This work will please our boss."
"I will do this work well."
"I'm doing this work very well."
"I can do this very well."
Every time he repeated the words "our boss will like it" while working, the quality of his work improved.

Because of his positive feelings and vibrations, even the boss started noticing it.
The boss also began appreciating the work he did, and after a few days, he was sent on-site.
Remember, friends!!
Whenever negative feelings are in our mind, the vibrations of those feelings are definitely sensed by others around us.

Case Study 2: Self-affirmations to Attract People

Usually, we go to parties to talk to others or to impress them.
For example, if a woman is dressed in a saree and a man is dressed in a suit heading to a function, the question is whether they are trying to impress others or not—that's a known truth.

Similarly, whenever a person returns from a party, he would feel:

"No one talked to me,"

or

"Nobody liked my dress."

He would carry such feelings. So, whenever invited to a party or anywhere else, he would not go.

Whenever he started practicing positive thinking, he would repeat these positive affirmations before going to the party:

"I look very attractive."
"Many people appreciate me."
"I have good dressing sense."
"People like talking to me."
"My words will please others."
"My words will make others laugh."

Repeating such words to himself, he started thinking about how to impress others.
He also began to understand his dressing flaws.
He observed that more people are attracted to those who wear good dressings.
By repeating positive statements like this, you start understanding your own shortcomings.

On the other hand, using negative statements will make you live the same life repeatedly, and no change will happen.

5. [Fifth Weapon] - Habit of gratitude

Another fundamental principle of the Law of Attraction is that like feelings attract like events in life.
This means that
"What kind of feelings you hold about a situation,
The same kind of events that happen in your life"

For eg: you are searching for a expensive pen at home, but not able to get it,
Inside your mind you feel that

> *"There is no pen here, can't find, someone took it, people don't have sense, I told them many times not to touch my items"*

Because you think its not there you will not find it, even if the pen is infront of you. Many times, you might have experienced the same thing.

Now , you have to change the statements and search by saying

"I can find the pen here, my wife said she put it somewhere here , let me see"

In other words, if you keep saying that you have *no money, no money,* and keep talking about lack of money repeatedly, it indicates that you are welcoming more events of poverty

On the other hand, I have abundance and prosperity. I once was at a level where I had none, but now I have reached this stage…

If you say you are grateful for this, then…
If you focus on how I earned my wealth, then your mind is still seeking wealth, and you are still directing your focus towards ways to attain it, so your mind continues to explore prosperity.

Case Study 1: From Debt to Buying a House

Rajeev, a hardworking freelance writer, lived in a small apartment. Facing increasing debts and declining opportunities, he desired a significant change.

Daily Gratitude.
To achieve this, he practiced daily gratitude. For a year, he dedicated one hour each morning to writing gratitude statements. He started with simple things:
"I am grateful for the money I have,"
"Thankful for the opportunities that came my way and the people who gave them to me."

As days and weeks passed, his statements became more confident.

In his imagination, he visualized a spacious building, with marble floors, large rooms, and lush gardens. He thought,
"I am grateful for my beautiful house, filled with happiness and laughter,"

Even though in reality, he lived in a small, modest room.

He envisioned that within a year, Rajeev's career would flourish.

Unexpected gains came through connections and friendships that provided investment opportunities.

He built the spacious house exactly as he imagined. His daily gratitude practice transformed his life.

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6 . [Sixth weapon] - Repetition

Repetition means repeatedly remembering the same thing.

One day, a person had a deadline to pay the electricity bill. He planned to pay it that day but didn't. He did the same thing tillthe last day of payment if not paid on that day, there would be no power. He kept the bill in his pocket and headed to the office, worried that he might forget again.

He kept saying on the way,

"I need to pay the bill,

I need to pay the bill,

I need to pay the bill."

On that day, he paid the bill.

But why didn't these three days pass without incident, and why did it happen on the last day? Because two things happened

a. Priority
b. Repetion
c. Positive Affirmation (“ I will pay the bill”)

Whatever matter you keep talking about repeatedly in your life, that event will surely happen.

This is what is the concept of Law of Attraction.
Just look at all the things that have happened in your life so far.

- The issues you have placed importance on,
- The topics you kept talking about again and again,

- Those are the things that happened in your life.
- The things you forgot to talk about,
- Those have drifted away from your life.

So, whatever desire you have—
Getting a new job, Buying a big car, Starting a new company, Getting married,
Getting rid of an illness, Selling a house or land—

Whatever your desire is, try to talk positively about it again and again with yourself or with others.
It's okay to talk about that desire,
It's okay to pin a picture of it on the wall,
It's okay to look at it every day,
It's okay to write about it every day.

But you must also do inspire action for that desire to happen which is the next weapon.

If you do so, surely that thing will happen in your life..

7. [Seventh Weapon] - Inspired action

Every goal has a task that must be done.

To achieve any target we set for ourselves, we need an inspired action.
This is the most important weapon.

Example : To become a good singer

- I need to decide which music to learn,
- what kind of music I like,
- where the music institutes are located,
- gather all this information,
- plan accordingly,
- then find out where singing competitions happen around,
- how to participate in those border contests,
- what kind of contestants attend there,
- what I need to do to win against them.

All these questions are present in each of our goals.
This is what we call inspired action—that is, doing the work appropriate to the goal. If you do this, you can win that goal; otherwise, success remains out of reach.

Example: To become actor

If I sit at home and think I want to become a big movie actor, I won't succeed.

- I should go to an institute and
- learn acting, or
- Atleast at home, I can practice some dialogues from movies and rehearsing them
- then find out where movie auditions are happening,
- go there and showcase my talent—

that's when I can become an actor.

example: To become a businessman

if I want to become a Number One businessman,

- what is that business—ranging from rice shops, grocery stores, to starting a school
- once you decide,
- visit the market,
- bring raw materials,
- get permisions
- decide where to sell,
- and then sell—only then can you think you can make some business,
- otherwise shift location
- or else it's better to abandon the idea.

If I bring a boy who aspires to be a singer and tell him he must get a job, otherwise, the household conditions won't suit him—forcing him into a job, he won't enjoy singing or grow as a singer.
People who want to do a job willingly—they cannot impress the person who gave them the work.
Hence, their salary won't increase.
If you are removed from the job, there's a risk, so we should think about whether we truly like the work we are doing.
If we target a work we love and are happy with, we can progress a lot in life.
When we do work happily and with enjoyment, we achieve greater success.

Work that doesn't bring happiness should eventually be left somewhere.

2) What are the causes a person cannot manifest?

Reasons why you may not be able to manifest:

- To make the Law of Attraction work, you need to have a lot of patience.
- You must believe for many days that a particular thing will happen.
- If something is deterring you from your desires, just let it go.
- Situations will continue to happen, and you need to keep working towards your goal.
- There shouldn't be doubts like "Will it happen after so many days?"
- And no fears like "What if it doesn't happen?" should exist.
- No matter how many days pass, you should believe it will happen.
- If it doesn’t happen, there shouldn't be fears or doubts about how it might fail.

- When you want to achieve a desire, you have to stay away from doubts and fears for many days.

3) Check if you are happy

When doing a task, you should enjoy it completely... otherwise, you won't be able to do that work for many days... when we can't find the work we like, we should enjoy the work we get.
Complaining that you don't like the work or doing it with hatred won't bring you satisfaction; the quality of your work won't be good either.

Whenever you do a task, you should observe how your emotions are during that work. By doing so, you can understand whether you'll succeed in that task or fail.

Any work that brings you happiness or joy allows you to complete it quickly, produce good results, and also makes others like your work. Only when you work with such happiness and satisfaction do you achieve success.
Being happy means you can reach your goal faster... it means you're traveling in the right direction.

If you enjoy doing a task wholeheartedly or feel afraid or distressed while doing it, it indicates you're not on the right path. It’s time to change your direction. You need to change your work.
Why did this happen to me?
I didn't get my salary,
I didn't get the respect I wanted,
They look down on me.

If you work with such painful emotions, you can't find joy in any work and won't successfully complete that work either.

Emotions act as your guiding compass.
Always experiencing happiness, love, or enthusiasm suggests you're on the right track,
While feeling anger or despair in your efforts indicates you're heading in the wrong direction.

Case Study 1:
Worries and doubts about marriage
A girl is working, but despite seeing many matches, her marriage isn't getting fixed.
Her emotional state usually is:
Will I get married or not?
Will it happen this year or not?
All my friends are already married.
If we ask for a good dowry at home, they won't give.
To have a grand wedding, we don't have enough money.
So, I might remain unmarried.
Even if I get married, it might not be as grand.
Will I find a good, wealthy husband or not?

Such emotions are present in that girl. Now, no matter how much she tries or how many new boys she shows, she encounters these same feelings. Because of that, she tends to say something unreasonable, do something inappropriate, or simply remain silent.
Any boy who comes with these fearful emotions is not liked.
Whenever she starts practicing positive thinking—
that she will get married happily this month,
that she will get married in a wedding hall,

that she will marry a boy of her desired status—and so on—
she begins to believe that her marriage will happen soon with the right boy.
Thanks to the universe for that.
She stopped worrying or feeling scared about marriage.
Her marriage happened exactly as she imagined, within a month, with the boy she wanted.

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4) Remove that "I can't"

- The people around us sometimes instill fears in our mind. Even though we have the capacity to do things, and even though we intend to do them, their words make us afraid and cause us to lose the little confidence we have, preventing us from proceeding.
- Having faith that "I can do it" regarding any task we start or wish to accomplish is very, very important.
- When you believe that "I can do this," even though your competitors are better than you, you can still get success.
- If you keep doubting ,
    - "Whether I can do it or not," or
    - "Whether this is within my reach,"
    - you will never be able to do it even if you are capable of doing it.
- Remove the phrase "Whether I can do it or not" from your dictionary.
- Stop worrying about what others think.
- Stop thinking about results
- The people around you are better than you; get out of the feeling of "I can't handle this."

Case Study 1: Don't worry about the people around you.

- There was a girl who wanted to participate in a cooking competition for a long time, but she wasn't good at many dishes.
- When she told her friends about it, they discouraged her saying,

    - "In those cooking competitions, they ask for all sorts of dishes; you probably know only two or three
    - so even if you go, you'll be eliminated in the first round."
- The girl, had positive thinking, she set aside all their words and told herself
    - "I can't do it,"
    - and believed, "I can do it,"
    - "I will definitely go to this competition and succeed."
- When she actually went to the competition, surprisingly, only the dishes she which she knew were asked in the competition. The judges said that her dishes tasted better than others, and she was selected as the winner of that competition.
- So, never assume whether others are right or whether you can do it.
- Don’t be under the illusion that "Maybe I don’t know everything" about those around you know everything.
- Believe in yourself even if you have only a little knowledge experience.
- Certainly, you will win. Even if you don't win, you'll have the pride of participating in the event, and that memory will remain with you forever.

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5) Stay in the vibration of your desire

- Occasionally, each day, do something that reminds you of your desire
- Spend a few moments happily,
- Write some affirmations, read them again
- Imagine looking at your vision board,
- Write future scripts.

Frequency :

- According to the law of attraction Everything in the universe, including thoughts, holds a frequency.
- Higher-frequency emotions like love, joy, giving, kindness, and gratitude **Quicker** you will reach your goal.
- Lower the frequency by using Thoughts of pain, anger, arrogance, jealousy, rage, resentment, envy, and deception **block** your progress towards your desire.
- **Being happy is the key**

6) Visualization script

- Sit in a calm position, closing eyes and seeing what are your problems, dreams and their solutions with pictures is called visualization
- But, To sit and do visualization every day once becomes boring and after 2 days or 5 days for that we use technique of Visualization script
- This is what you do Visualization You can write what you want to do once and add more to that script every day.
- Through this you don't need to imagine every day, it is enough if you read what is written once, that imagination will come to you again
- Visualization script The advantage of this technique is that you don't have to make a new assumption every time, you can read what has already been written and you can add anything new to your imagination through new pages to the script.
- For example, let's say you want to get your own house, but on the first day of your script, my house is going to be in 500 yards, it's going to have a black gate design gate, and all you know is that there's a portico car park, that car park has stairs on the right side. I will enter the house from the stairs only so far you may have written on the first day then after ten days you will get clarity again about how the house should be then you can add something like this Visualization script It gives you clarity about what you want and if you don't like something you can delete it a bit more and add something new.
- The use of a visualization script is to show how clearly you can visualize on paper.
  Whatever is on paper is permanent. If you do the visualization

only in your mind, even if you forget to for a day, you might forget what all you imagined till now. That's why a visualization script is a better technique.

Story 1: The office seen in a dream

A woman used to write through this technique called visualization script

- What kind of office does she want to go to every day?
- It would be nice to have his office
- Which corner of his cabin should be in his office
- How to be, what color to be
- She wrote clearly how her manager would like to give her work

A few days later there was a transfer in his job, and when he went to that branch, he was surprised to see how he had written in the visualization script so far and that there was such a cabin color.

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7) Forget old bad memories.

For the law of attraction to work for you, you must erase all the humiliations you've faced in the past, the negative people you've met before, the way they behaved with you, and all the bitter memories they left behind.

They have done this before, and it happened that way; this time, I will show what I am capable of. Forget all these things and focus on your desires. Your work should align with what you want. You should continue to do your duties.

The past should never pull you backward; only the future should pull you forward. Only those who can look ahead to the future will be able to take new steps.

8) Give each desire some time

- Be patient and wait.

- If you start today, and if you want results by tomorrow, it's difficult.

- Even a single tree needs to be planted and allowed to grow for at least half a year before it can produce flowers and fruit.

- Similarly, the law of attraction says that whatever desire you begin your journey with, you must continue working towards it until that desire becomes reality.
- If I plant a seed today and take away the sprouts tomorrow, I can't expect to enjoy the fruits of that seed forever.
- Whenever there is patience, you will attain something in life. Patience requires giving yourself two times

9) Make Mirror Affirmations

If you have any Desire, you can say the affirmation by seeing in the mirror technique, saying "This will happen"

We tend to remember what we speak to others more than what we talk to ourselves. Similarly, this technique has been designed for you. If you think this technique suits you, you can follow it.
In this method, we suggest that you say the affirmations aloud and loudly.

However, if someone is at home, you can also say them silently with your lips closed. What happens through this is that it feels as if a person is talking directly to you.

For example: A salesperson

A salesman was working hard but no matter how hard he tries, keeps failing in sales and feels there's no profit left. At that time, he learned this mirror technique. He would get up early in the morning and sit in front of the mirror and say:

- I am the best salesperson in the world.
- I have full understanding of my product.
- I talk well with customers.
- I listen carefully to customers doubts, enquiries and objections.
- I gather answers for every question asked by customers.
- After my presentation, No customer to leaves without buying.

After a few days, his sales drastically increased, and he also got promoted to a managerial position.

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10) Focus on the work, not the results

If you give complete focus to a task while doing it, you will surely get a good product.

Most people spend their time on self doubt

- Whether my song is good or not
- Whether I am singing well or not
- Am I working well or not?
- Does he like my work?
- Whether this work is good or not
- Did I talk well ?

Such doubts and fears will never produce a good product That's what the law of attraction says

Put all your Doubts and fears aside, you should be happy doing what you do.

Comparing with others

Some people constantly spend time in comparing themselves to others and lose their focus

- What is the difference between me and him?
- Why am I am still here, not promoted yet ?
- They are praising him, not me ?
- Am I not beautiful ?

Comparing with others you end up no where. Your journey is towards your destination.

Focus on your work

- Make your work a pleasure activity
- Your mind should focus only on doing well with enjoyment
- Only then will your work be done well

Only Then everything will fall in right place.

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11) Law of Attraction applied for Health

Taking a tablet is more important than meditating when something is not good in the stomach, when we are sick, our body responds according to how positive we keep our mind.

- Many people think that our body has nothing to do with our mind.
- But many people do not know that our body responds to messages from our mind.

You see some people stay in the same bed for years taking treatment or swallowing medicine because deep in their heart they

- "I am sick beyond the reach of any doctor"
- I can no longer cure this disease
- The reason for that is to think that

Instead, if you repeat statements like

- This disease of mine will be cured soon
- I am recovering very quickly
- Nothing happened to me and I will get up and walk again like before

You get healed easily. When you repeat these positive statements again and again, there is a high chance that your body will recover quickly, otherwise there will be no benefit of the treatment even. Instead of spending thousands of dollars.

Story of Prince:

In a kingdom, for the king a son was born, he was born with a bent back because of which he could not walk straight. The king consulted many doctors to no avail. Finally, a foreign doctor came and told him that he would give him a tip through his medicine. The sculpture was arranged so that the prince could see it every day. The prince was scheduled to sit infront of the statue every day for one hour. Later days, slowly the princes body got straightened and started walking without any medicine.

12) If you do it regularly, you will get results

In your life Law of Attraction to work for you, you have to do atleaast one of the techniques mentioned here every day without stopping for a day, then only you will see the result.

- If you follow a technique for four days, stopped for two days, and again did for four days, which means the process starts again and never finishes
- You need to spend just 5 minutes to 10 minutes a day and that too when you wake up in morning and that's what you have to do for changing your life.
- It or can be reading or not Writing or watching the photos of your dream in vision board
- No matter what process you follow, being able to do it regularly every day will give you results.
- Many people have seen marvellous results in their life, just be focused, you can do it.

13) Hunch

Have you ever gone to a wedding or to a hotel or somewhere, you accidentally met a friend there and that friend gives you information about a job or a business and you take a step forward in life.

How did that happen, why did you decide to go to that wedding, why did you want to go to that hotel on that day.

In terms of the Law of Attraction this is called Hunch.

A hunch means you feel like doing something which your mind pushes you to do for reaching your goal

- I don't know why, let's go out for dinner today
- No matter how much we don't them still, let's attend the wedding.
- Let's take leave today
- Let's go to a bakery, and you will suddenly find something that you want

Why you get this Hunch to do

Whenever you keep affirming again and again, visualizing repeatedly, or following any other technique, you will definitely have such a thought called a "hunch."

This hunch has no direct connection to your goal, but it gives you the feeling to do that work... and that leads you toward your goal.

That idea is new and you have to do that one thing when that idea comes. Whenever you get that hunch-like thought, it takes you closer to your desire

Example:

A boy joined a new college and was looking for a room nearby. He set out to find a room, but he hadn't found one yet. On the way, he saw a nice blanket that he liked. He thought buying the blanket would keep him warm, but he still hadn't found a room. He asked where they would keep this blanket, but his friend didn't listen. He decided to take it—thought it would be good to have.

He searched from morning until afternoon but couldn't find a room. The moment he bought the blanket, he found a room shortly after, within his budget.

Buying that blanket is a Hunch.

Example 2:
A girl named Priya was waiting for a promotion at her job, but she didn't know what she needed to do or study to get it. One day, her friend asked her to go to a bookstore. She agreed and went along.

There, Priya found a book called "Career Guidance." Following the suggestions in that book, she realized what she needed to learn. Within just a month, she got a new job.
Calling her friend is considered a lucky break.

Calling that friend is called hunch.

14) Clear the negative energy

Attracting Negative energy:

- If you are thinking negatively about someone else,
- you are feeling jealous of other people,
- if you are very angry,
- that means you will attracting negative energy.

Where there are negative feelings there is negative energy

- Negative energy attracts unwanted things.
- So wherever possible you try to clear negative feelings and negative energy.

Problems start with anger

- If you are angry with someone for a long time, it will not have any negative effect on the person you are angry with. If you are angry, your health will deteriorate.
- When you are angry your muscles tighten, and face becomes wrinkled, right from digestion to kidney you start getting all sorts of problems.
- Did you observe that when you are happy All muscles are free and relaxed
- That means we all know benefits of happiness and problems of anger
- Where there is negative energy, you will not be able to attract the things you want like your home, your job, your business.

- If you clean your negative energy, you will never get into a positive vibration.

how to clear this negative energy

Forgiveness A technique

Forgiveness means forgiving a person for whatever negative deed he does to you.

Use your affirmations to start forgiveness

- I have no anger towards him.
  I forgive this man.
- No anger or pain in me now,
- Now I don't have such feelings like jealousy.
- I bless him all happiness
- My blessings are always with him

Like this. With words you can reduce anger on anyone.

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15) Creativity

Whenever you sit in the same place doing the same work or even when you get free time but can't understand what to watch while watching TV, instead of wandering around aimlessly, you can discover ways to achieve your desires by engaging in a task or hobby when you have free time. Creativity relaxes your mind and allows it think differently.

Use below suggestions for creativity

- Listen to a song with concentration—don't just do something else while listening, but focus on listening as your task.
- Alternatively, draw a small sketch on a piece of paper—however 'worst' it may look, it's okay. When you use your time creatively, your mind's creative realization will help you come closer to what you desire. Thinking about what you want begins to happen when you do creative work.
- Or, watch a small song and start singing along.
- If that's not your choice, take old newspapers, cut out the pictures, or take relevant news cuttings from four or five newspapers, join them together, and create a journal.
- ***While doing these activities, a small spark may ignite somewhere inside you—that gives you an idea on how to achieve what you desire. Therefore, always utilize your time for creative activities.***

Case Study 1:

A man always had a desire to fly to Mumbai but didn't know how. One Sunday, he sat bored with nothing to do, took four songs, and wrote a new song from the lyrics to pass the time, then uploaded it on social media. The song became famous, and someone from the

film industry selected that song. He was given a ticket to fly to Mumbai. And in this way, his long-standing desire to fly to Mumbai was fulfilled.

16) Donate money, returns in 10 times

It is indeed important for a person to earn money, but once someone starts earning money and reaches a comfortable level, no one wants to give it up because earning money is like digging for a treasure.

When you find a treasure and dig it out, you don't just take the gold coins and leave. Instead, you keep coming back, constantly extracting the treasure, filling your bag with gold coins and thinking of living comfortably. That's what earning means.

How to find a job? How to answer during an interview to get the job? Once you know all this people want to keep earning, accumulating, and building a big heap. But they don't think about sharing the knowledge or helping atleast ten people in their life.

Creation operates solely on the principle of karma. Karma teaches that whatever you give to the world, the world gives back to you. If you give nothing to the world, the universe knows how to take from you.

What you have depends on how much you give to the world; what comes back to you from the universe is based on that. If you think only about earning money and believe that you will live just to earn and not share with anyone, then the money you have will eventually reach others—through illness, theft, business loss, or fraud.

Money is like rain. Just as we collect rainwater falling from the sky in a pond, when that water returns to the sky in the

dry season, it will come back to us as rain. Similarly, money is also like that. Once your money comes to you, it must go to someone else. Through deception, theft, illness,generosity or other means, it eventually reaches someone else.

If your generosity is such that the money, after reaching you, goes to help someone in need, then according to karma, that money will come back to you again.

Before we are born and before we die, if we want to truly feel like a human, we must do at least one good deed for at least ten people before passing away. Doing good means genuinely helping those you know.

If asked what logic this is based on, there is no answer from us. But as a human, you must help at least ten people before we die, and this should definitely be recorded in your diary.

17) Desire meets passion

The Law of Attraction works best when your desires are in line with your deepest passion. The power of attraction is automatically created by following your passion.

Case study 1:
Sachin Tendulkar had passion for playing cricket. But his desire was to hit 10,000 runs in cricket, when both passion and desire are the same, it creates a tremendous power. That's what we need to achieve. so even after working hard for five to six hours, there is no tiredness feeling.

Find out what kind of passion you have. Once you know such a thing then there is no one in this world who can stop you.

Case study 2 :
Colonel Sanders likes to fry chicken. But for 50 years he didn't succeed. But after 50 years, his favourite hobby became his profession when a restaurant was set up. Everyone was enjoying the chicken fry. He succeeded in it.

When your passion and desire become one, that is a wonderful power.

If you look at the profile any successful person , the only thing you can observe is that they have been successful only in their favourite work.
No one succeeded who are in a field which they don't like.

Take for example Sachin, Sania Mirza, Usain Bolt, Colonel Sanders, Adolf Hitler, Abdul Kalam, all of them have achieved success **only in the field that they like**.

No one succeeds in what they are forced to do.

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18) Self-confidence

Self-confidence is what I call confidence—believing firmly that whatever you aim to achieve, you will succeed until you actually do.

Anyone can speak about it after it happens, but before it happens,

- It is you who has to believe,
- It is you who has to do it, and
- It is you who has to convince yourself that you can do it
- That is called self-confidence.

This self-confidence can take you from wherever you are today to wherever you want to reach. A simple Man without any background has made a 100-crore movie—all this starts with just a little belief.

You have to believe your dream may be for few weeks, months, years, or sometimes even for decades. But to lose that belief, it takes just a second.

Case Study 1:

Shyam had a small startup idea. He worked on it for a few days, but nothing materialized. Still, he believed that his idea would definitely succeed. He spent many days working on it. His parents, brothers, and sisters around him kept saying, “Why are you wasting time? There are jobs paying $20,000/month. Why don’t you get a job? You can do research even while working”

Despite all these advices, he believed in his idea and worked on it for many days. Once he believed the idea would work, he started looking for investors. He contacted company owners around him, visited unknown owners, contacted friends, and posted on Facebook in various ways. For about six months, he did not receive any responses. The people around him kept giving him unwanted unsolicited advices.

Amidst all these failures and opposition, he continued working on what he believed in. After six months, he finally found an investor for his startup. Ultimately, he started his startup and succeeded.

So, whatever you believe in, to succeed, you need a lot of self-confidence. Everyone in the world tries to break your confidence into pieces. You must believe in yourself; only then can anything be possible.

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19)Don't care about those around you

Your success has nothing to do with the success of those around you. Whose journey is theirs. Alas, their train is ahead. My train goes slowly which means their train has a different destination. The destination is different from your train.

The mistake everyone makes in the world is comparing themselves to others, as long as you keep comparing yourself to others, you will remain a failure.

Can you compare Sachin Tendulkar and Bill Gates on one line they both have their own paths to success.

Take a paper, if you draw a small vertical line, you can always draw a bigger line than your line. Life is always like that, will you be happy that you brought your first car or be unhappy that your nieghbor brought a sports car. Your happiness is always in your hands.

You have to find the joy in your achievements, otherwise there is always a bigger line and much bigger and much bigger lines there is no end to it.

You will be able to live happily only the day you stop comparing yourself with others.

You will go to a good happy marriage event where you will be able to enjoy the ambience and the food until you enter the silly discussion group who keep listing their kids achievements. You will be happy only If you can get away from these useless chattering. If you think that you will compete with them, you will end up in pain. That is why every housewife has lot of complaints after returning from a party about others jewelry and dresses.

Case Study 1 :

Githa, a girl, has been working in a company for four years. After her, Mṛidula has been working for about a year. But Mṛidula earns more salary than her, which she didn't like. For many days, Githa kept feeling sad, comparing herself to Mṛidula. One day, after updating her resume, Githa got a double salary in another company. Now, is Mṛidula who was in the old company great, or is Githa who joined the new company great?

what you earn belongs to you, what is use of comparision. if we keep comparing with others, no one can decide who is great in this world.

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20) Spend time with nature

In this busy life, where you're so occupied that you can't even catch your breath, take some time to spend with nature.

Whenever you connect with nature, that gentle breeze relaxes your mind. It helps you think slowly and clearly.

Step out once into the balcony and enjoy the coffee you have at home from there. After 5:00 PM, go up to your building's terrace and experience the cool breeze, nature, sunrise, and sunset.

Alternatively, listen to the chirping of birds. Even if the birds are just in their places, stand near the trees and experience how happily they are existing.

All these not only lighten your mind but also ensure that the chemicals in your body are abundant. The more you stay inside concrete buildings, the more you become mechanically wired, and your mind also becomes dull, losing clarity about what it truly desires.

Engaging in these activities keeps you happy and guides your desires in a positive direction.

21) A clear desire

What do you desire? To attain it, a clear desire must be primarily present. Those who have a clear desire express it with clarity. Because they can visualize it clearly, they understand what needs to be done, and thus, they can achieve success.

Sometime they say , I need to lose 10 kilograms.

Soon change it to, I need to get a job.

Soon change it to, I want to buy a car.

Soon change it to, I want to become a movie actor.

People like this with various kinds of desires are only those who are unclear about what they want.

Those who have not achieved success are only the ones who think clearl and firm goals.

- "This is what I need; I am only trying for this."
- They give clear statements and stick to that statement until it is done
- They say I will see its end , let me see why it is not possible
- Eg. I want to lose my weight by 10 kgs

Clear instructions are given to the mind, and because of that, they can achieve success in that desire.

22) Failure is turning point to victory

When you try in one way to achieve whatever goal you set, don't think that the failure is a permanent road block when you see that failure as just an obstacle in the way.
If a stone obstructs you while going on the road, how can you take a turn and reach your destination through another path or another path, and whenever your attempt fails, you should try another way and try to reach that destination.
Apart from that, try once or twice and don't give up. While doing the job we are doing, if we keep telling the visualization affirmations related to that desire every day without forgetting the destination we want to reach, we will immediately know the new path to our destination.

Case Study 1 :
A girl named Gauri wrote a book. When asked by publishers to publish the book, he said, "No, no one will print it." Gauri thought for many days. Why should anyone publish this? I thought I should not publish it centrally at my own expense. She immediately published it at her own expense and started selling the book at every bookstore in the market. The book became a bestseller within a few days. So one way is blocked. That means we have to think about another way and we should not think about it.

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23) Be with people who encourage you

Surround yourself with positive people, positive people, encouraging people, always criticizing people, negative people, fault finding people, discouraging people.

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24) Love the silence

In these days of smart phone. Each. Even if there is a gap of two minutes. Every man has increased noise pollution. Even if they get a minute of time, people use their heads in their smart phones or talk to someone next to them or watch TV.

It is a work that calms the mind. Stopped doing it. We all have great ideas. All the best ideas come when the mind is calm and quiet.

At least four times in any day you turn to the sound when you have some time. The Law of Consciousness is the resolution of your desires in silence. In doing things. your time. hang out

25) List your old achievements

From small things you have achieved in the past to big achievements, you are a small competitor. You should make a list of all the small victories like winning a cup or seeing a change in a small classroom test or being admired by your father or seeing a fight between two. Because when you
This list of failures is telling you that you have so many successes. If you give a list of your achievements, you give as much inspiration as motivation, if you talk about Sachin Tendulkar or Ronaldo.

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26) Vision Board

A vision board is a visual representation of any desire you have

- Do you want your salary to be 2 lakh rupees?
- Want 10,00,000?
- Do you want to make a profit of two lakhs in your business?
- Want to buy a car?
- Do you want to buy a house worth crores of rupees?

There is a quotation that is
"A picture can be understood faster than 1000 words"

- What you want in your life
- Take a paper cutting or not
- Write in capital letters with a pen
- You stick it on a board or on a wall
- By looking at it every day you are embedding what you want into your mind.
- By seeing this every day, your mind will find a way to make your wish come true.
- Can I do this, how about trying this type of thing?
- This is how you present an idea to your mind again and again.
- According to the thought, new ideas are present in the mind.

27)Cleanliness also attracts

Did you notice something? Many wealthy people have things in their homes that stay where they are, and don't seem to be piled up anywhere, so you can see that cleanliness attracts money.

- Keeping our home environment clean also helps our mind find ways to get what we want
- Whenever there are piles of furniture or clothes in our house
- If it is chaotic, our mind is also chaotic and we don't think about it.
- When we are the things we have
- Things on our dining table
- Things in our house
- Let's keep the surroundings clean

Our thinking is similarly very clear

28) Sleep well

The mind is the way to bring the thing you want closer to you. That mind must be calm before exploring. That mind should be given enough rest.

After we got smart phones, smart TVs and laptops, people stopped sleeping after getting enough YouTube content in web series. Most of them suffer from the problem of not being able to sleep. Whenever you lack sleep, your mind is disturbed. You have not thought about anything clearly. Your mind is not calm.

So there was a situation where people had to be told to sleep during the given days. An average man sleeps at least 8 to 10 hours. The mind gets the peace it needs.

The latter also gives your mind time to explore ways to attract the desired object. Otherwise, the mind is constantly thinking that it is this serial and that serial Constantly thinking about something unnecessary and losing the power to think about what is necessary..

29) law of attraction techniques list

a. Clarity of Desire
b. Visualization –
    i. Meditation
    ii. Vision Board.
c. Affirmations –

i. The 555 Technique –
ii. The 369 Method
iii. The Water Manifestation Technique
iv. The Whisper Method
v. The Pillow Method
vi. Mirror Work
vii. Moon days

d. Future Scripting
    i. Future Scripting
    ii. Reverse Journaling
e. Positive Thinking -
    i. Gratitude Journa
    ii. Positive Self-Talk
    iii. Surround Yourself with Positivity people.
f. Inspired Action
g. Let Go Past bad experiences
h. Detach from Outcomes
i. Stop thinking about what others
j. Random Acts of Kindness

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All the procedures mentioned in this book sound good to read but many people find it difficult to follow.

We trained them how to do this process by themselves every day for 30 days, suggesting a solution specifically for their problem, whichever process suits them best.

Many people have been able to solve their problem through this training. Any reader who wants to discuss their problem can contact us and avail this facility.

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: Mano Abhishta Siddhi Rastu :

ఈ పుస్తకంలో ప్రస్తావించిన అన్ని ప్రక్రియలు చదవడానికి వినటానికి బాగానే ఉంటాయి కానీ పాటించటానికి చాలామంది మీ ఇబ్బంది పడ్డారు.

వారి కోసం ప్రత్యేకంగా వారి సమస్యకు తగ్గ పరిష్కారాన్ని సూచిస్తు, వారికి ఏ ప్రక్రియ సరిపోతుందో 30 రోజుల పాటు ప్రతిరోజు వారి చేత ఈ ప్రక్రియను ఎలా చేయాలో వారికి శిక్షణ ఇచ్చాము.

ఈ శిక్షణ ద్వారా చాలా మంది తమ సమస్యను పరిష్కరించుకోగలిగారు. పాఠకులు ఎవరైనా తమ సమస్యను చర్చించాలనుకుంటే మమ్మల్ని సంప్రదించి ఈ సౌకర్యాన్ని వినియోగించుకోగలరు.

Motivational Speaker and
Law of Attraction Expert
Harish Babu